




BCOA 2024 Bearkat Site Daily Activities Calendar

Operational Hours- M-TH 7:30-4:30p/Fri 7:30-2:30p. Cards, dominoes, puzzles & exercise equipment are available during working hours. We are always looking for volunteers! If you would like to see a specific activity added to our calendar, please call us at 318-741-8302 with your suggestions. Visit our website for additional information. Like us on Facebook! Bossier Council on Aging

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	<p><u>NOTE: IMPORTANT INFORMATION</u> Reservations must be made in advance of the current day using the Kiosk to ensure a meal is reserved for you.</p>	<p>Bossier Council on Aging activities are subject to change. Always call with any questions about our scheduled activities</p>		<p>1) 9:15 Chair Exercise by Nancy 10:15 Bingo by Oak St Health</p>	<p>2) Free Day Friday 7:30-2:30</p>	<p>3)</p>
4)	<p>5) 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Arts & Crafts in the Sunroom</p>	<p>6) **** FOOD BANK **** 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 12- 3 Pokeno 5-7 Leather Guild</p>	<p>7) 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Golden Oldies in the Sunroom</p>	<p>8) 9:15 Chair Exercise by Nancy 10:15 Bingo by Brookdale</p>	<p>9) Free Day Friday 7:30-2:30</p>	<p>10)</p>
11)	<p>12) 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Arts & Crafts in the Sunroom</p>	<p>13) 9:00 Mardi Gras Ball </p>	<p>14) 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Valentines Party in the Sunroom</p>	<p>15) 9:15 Chair Exercise by Nancy 10:15 Bingo</p>	<p>16) Free Day Friday 7:30-2:30</p>	<p>17)</p>
18)	<p>19) 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Arts & Crafts in the Sunroom</p>	<p>20) 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball</p>	<p>21) 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Birthday Celebration</p>	<p>22) 9:15 Chair Exercise by Nancy 10:15 Bingo</p>	<p>23) Free Day Friday 7:30-2:30</p>	<p>24)</p>
25)	<p>26) 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Arts & Crafts in the Sunroom</p>	<p>27) **** FOOD BANK **** 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball</p>	<p>28) 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Golden Oldies in the Sunroom</p>	<p>29) 9:15 Chair Exercise by Nancy 10:15 Bingo</p>		